



**Prescription Drug Core Group Meeting**

**August 28, 2018**

**1:00 p.m.**

**Governor's Office of Youth, Faith and Family – Conference Room B**

**1700 West Washington Street, Suite 230, Phoenix, Arizona 85007**

A general meeting of the Prescription Drug Core Group convened on August 28, 2018 at the Governor's Office of Youth, Faith and Family, Conference Room B, 1700 West Washington Street, Suite 230 Phoenix, Arizona 85007.

**Members Present (10)**

**Tracy Cruickshank**, Co-Chair, Maricopa County Department of Public Health

**Jacqueline Kurth**, Co-Chair, Industrial Commission of Arizona

**Alexa O'Brien**, High Intensity Drug Trafficking Area

**Samuel Burba**, Governor's Office of Youth, Faith and Family

**Catie Clark**, Arizona Criminal Justice

**Thomas Kelly**, Apache Junction Police Department (via phone)

**Jolyana Begay-Kroyua**, Phoenix Indian Center

**Michelle Skurka**, AHCCCS

**Alyssa Padilla**, University of Arizona Center for Rural Health (via phone)

**Courtney Whitley**, Arizona Air National Guard (AZNG)

**Staff/Guests Present (8)**

**Dawna Allington**, Governor's Office of Youth, Faith and Family

**Adrian Gariboldi**, Governor's Office of Youth, Faith and Family

**James Daman**, Celebrate Recovery

**Brenda Cochran**, Pure Heart Church

**Todd Chambers**, Pure Heart Church

**Cindi Hunter**, Arizona State Board of Pharmacy

**Krystal Garcia**, Arizona State Board of Pharmacy

**Patti Hibbeler**, Phoenix Indian Center

**Domingo Arambula**, Celebrate Recovery

**Diane Kelly**, Celebrate Recovery

**Members Absent (7)**

**Brett Klein**, High Intensity Drug Trafficking Area

**Sheila Sjolander**, Arizona Department of Health Services

**Tomi St. Mars**, Arizona Department of Health Services

**Ted Huntington**, ICAN: Positive Programs for Youth, and  
CCYSA: Chandler Coalition Against Youth

**Lauren Prole**, Arizona Health Care Cost Containment System  
(AHCCCS)

**Travis Williams**, Arizona Attorney General's Office

**Doug Skvarla**, Controlled Substance Prescription Monitoring  
Program (CDMP)

**Call to Order**

- **Tracy Cruickshank**, Co-Chair, called the Prescription Drug Core Group meeting to order at 1:00 pm with ten (10) members and eight (8) staff and guests present.

**Welcome/Introductions**

- **Jacqueline Kurth**, Co-Chair, welcomed everyone and asked them to introduce themselves.

**Approval of Minutes**

- Minutes for the meeting held May 29, 2018, were reviewed. **Catie Clark** made a motion to approve the minutes. The motion was seconded by **Alexa O'Brien**.

### **Pure Heart Church: Intensive Outpatient Treatment Center in the Faith Community**

- **Brenda Cochran** and **Todd Chambers** presented on the recovery and counseling programs offered by Pure Heart Church. Pure Heart Church is a church that values authenticity, vulnerability, transformation and honesty in relationships with God and people. The Church considers itself transparent, relationally-driven and an integral support system for their families. Pure Heart Church offers a variety of different recovery services.
- Ms. Cochran stated that Peer-led support groups offered by the church include: Women's Chemical Dependency, Men's Chemical Dependency, P.A.L (Parent's of Addicted Loved Ones), Men's Transformation (Sexual Issues), Living Grace (Mental Illness), Family Grace (Family Support for loved ones with Mental Illness), DivorceCare, GriefShare, Women's Codependency, General Women's Support, Veteran's Trauma/PTSD Support, Full Circle Youth at Risk (12 step for teens/young adults with high risk behaviors), and Life Builders (support for children ages Kindergarten – 6th grade).
- Additionally, the Church runs a wellness department that offers individual health assessments (nutrition & health), fitness classes, nutrition classes, individual & small group training, and yoga and mindfulness classes. The Church also runs intensive outpatient trauma groups that utilize a whole person approach through a trauma-informed lens. Currently, the Church partners with Crossroads to provide such services.
- Ms. Cochran shared that the Church and Crossroads seek to provide a transition from inpatient care to outpatient care by offering a sober environment where people can successfully recover. Programing includes peer led support, recovery Bible studies, family barbeques, and sober living housing. In the future, the Church hopes to expand this partnership through the construction of a new intensive outpatient treatment campus, to be completed in 2019. Achievements for the Church through this partnership include an extremely supportive church leadership, a unique seamless service delivery, and the ability to offer quality care that is accessible and affordable.

### **Faith-Based Initiatives for Individuals in Recovery**

- **James Daman** described Celebrate Recovery's faith-based initiatives for people in recovery. He emphasized that Celebrate Recovery focuses on people struggling with all types of abuse and addiction. Celebrate Recovery is the largest Christian recovery program in the world, founded by Pastor Rick Warren at Saddleback Church. The program is based on the 12 steps to recovery from Alcoholics Anonymous and teachings from the bible. Elements of Celebrate Recovery include worship, large-group teachings, personal testimonies, celebrations of recovery, men and women's small groups, and step studies focused on the recovery process. Celebrate Recovery also has programs for teens and youth, and partners with specific prisons on several fellowship programs. The organization recently celebrated its 25 anniversary. Best practices applied by the program include three components: respond, prevent and equip. Celebrate recovery responds to problems of addiction in the community by offering a source of hope and healing. The program prevents further drug abuse by engaging in a variety of prevention-focused activities. Finally, the program equips the community and church members to respond effectively to the problem by giving them the resources they need.
- Mr. Daman stated that on September 15<sup>th</sup> the Arizona CR churches will be receiving training on the signs of an overdose and how to administer Narcan. CR is also developing a youth prevention program to help youth from beginning down the road of addiction.
- Next, **Domingo Arambula** and **Diane Kelly** shared their own personal stories of recovery and described how Celebrate Recovery has helped them to overcome their addictions and live more fulfilling lives.

### **Faith-Based Roundtable and Faith-Based Survey Questions**

- **Samuel Burba** described how the GOYFF is partnering with the Arizona High Intensity Drug Trafficking Area, the Governor's Office of Highway Safety, the US Drug Enforcement Administration and MATFORCE to launch the inaugural Arizona Drug Summit. This summit is being conducted instead of Red Ribbon Week.

- Mr. Burba stated that the Governor's Office of Youth, Faith and Family will be hosting a faith-based roundtable to assess where congregations are in terms of readiness to implement prescription drug toolkit and to determine what needs to be added to the toolkit to make it a more effective tool for faith-based organizations in Arizona. This roundtable will be conducted during Red Ribbon. Mr. Burba proposed that a questionnaire provided by Drew Brooks from Faith Partners be utilized to help assess readiness. Mr. Burba requested that Core Group members look over the questionnaire and offer any edits they may have to make the questionnaire a more effective tool.

#### Implementation of the Rx Toolkit on Tribal Lands

- **Jolyana Begay-Kroupa** provided an overview of the work of the Phoenix Indian Center and described their efforts to integrate Rx Toolkit materials into their substance abuse prevention curriculum.
- The Phoenix Indian Center, founded in 1947, seeks to "serve the community with culturally relevant youth services, language and cultural revitalization programs, education and workforce development". The Center provides direct service to 7,000+ customers each year, representing an average of 93 different Tribal Nations. People who utilize the center are primarily the "working poor", 65% of households served have children, 68% of households are headed by women, and daily challenges faced but the population include lack of transportation, food insecurity, lack of childcare, and limited access to health care.
- The Center focuses on four key areas to help this population: job preparedness/workforce services, youth programming, language and culture revitalization, and prevention services. Workforce services include: assistance and support in gaining employment, public use of computer work stations, job readiness classes, employer recruiting opportunities, 1:1 case management and support, and the Career Pathways Programs, which provides members with work experience in a given field.
- Youth programming includes: financial aid and college entrance process workshops, job readiness and life after high school skills workshops, and mentoring and coaching in culture, prevention, post-secondary options and career exploration. In order to help revitalize language and culture, the Center provides: language classes, cultural classes, seasonal story telling event, Dine urban voices lessons, and cultural awareness for the greater community.
- Prevention activities done by the Center include: the youth coalition of the Urban Indian Coalition of Arizona (UICAZ), culturally embedded evidence-based programs (Parenting in Two Worlds and Living in Two Worlds), GONA (Gathering of Native Americans), safeTALK and ASIST (suicide prevention), and community education awareness presentations about historical intergenerational trauma and AZ Rx360 Misuse & Abuse programming.
- Ms. Begay-Kroupa offered several ideas on how the Rx Toolkit could be modified to better reach tribal leaders. Recommendations include: more information on how best to help the elderly, advice on how to reach small American Indian communities, better data about populations on tribal lands and American Indians more generally, greater access to prescription drug drop boxes, use of tribal languages in Toolkit materials, and regular updates with tribal leaders to get all tribes connected in fighting this problem.
- **Dawna Allington** stated that Opioid STR funds could perhaps be used to establish a prescription drug drop box in eligible locations suggested by the Phoenix Indian Center.

#### Engaging Business Communities

- **Tracy Cruickshank** then took the time to emphasize the need to get employers on board in responding to the opioid crisis. She began by asking Core Group members if any resources were available specifically designed for employers.
- **Jacqueline Kurth** stated that there are some resources available through the Industrial Commission of Arizona.
- **Ms. Cruickshank** stated that she wanted to give the group time to field ideas for the best ways to reach employers across the state. She stressed that employers could and should be utilized to help people navigate the difficult aspects of an addiction. She lamented the fact that some individuals may feel afraid to

tell their employers about the issues they are struggling with for fear of losing employment. She also stated that employers should make efforts to educate people about Medication Assisted Treatment (MAT)

- **Dawna Allington** stated that perhaps inroads could be made by getting insurance providers to offer education on opioid abuse and misuse. She believes that such programming could supplement efforts already being done by employers.
- **Michelle Skurka** stated that efforts are also being conducted through AHCCCS to educate people about MAT.

#### **Trainings Update and Spanish Rx Toolkit Update**

- **Dawna Allington** provided an update on the Opioid STR grant. She started by announcing that all materials in the Rx Toolkit had been translated into Spanish and are now available on the Rethink Rx Abuse website. Ms. Allington gave an update on the Rx Toolkit trainings conducted across Arizona and is tailoring the trainings to fit the specific needs of each community. She is also giving trainings on specific components of the Toolkit because some organizations are already well-versed on aspects of the Toolkit more generally.
- Ms. Allington stated that the Governor's Office of Youth, Faith and Family will be developing and hosting a series of webinars to educate community members and leaders on Rx abuse. The first webinar will be on neonatal abstinence syndrome (NAS), and the second will cover trauma-informed treatment and recovery. Finally, Ms. Allington stated that the GOYFF is pursuing a portion of the State Opioid Response Grant in order to conduct additional prevention activities. Specifically, she hopes to use funds to make the Rx Toolkit a more trauma-informed resource.
- **Michelle Skurka** stated that materials should be added to the Toolkit to update people on changes being done to the state Medicaid system.

#### **Agency/Partner Updates**

- **Jacqueline Kurth** stated that the Industrial Commission of Arizona recently conducted a seminar on physician dispensing guidelines. She stated that doctors need to do a better job using the CSPMP, and emphasized that there still needs to be greater awareness on how these issues can be prevented with the help of doctors.
- **Courtney Whitley** described efforts being made by the AZANG to educate physicians on bases and in the communities where the National Guard operates.
- **Michelle Skurka** stated that AHCCCS has recently applied for the State Opioid Response grant. Further, she said that the substance abuse needs assessment will be completed by September 30<sup>th</sup>, and said that AHCCCS's complete care transformation will be launched on October 1<sup>st</sup>.
- **Alexa O'Brien** stated that HIDTA has recently released its threat assessment report and is generating a larger report that will be submitted to a wider audience. Such a report will be designed for the wider community and will cover data on overdoses and drug seizures. Ms. O'Brien also encouraged members of the Core Group to sign up for electronic AZ HIDTA updates and information bulletins.
- **Tracy Cruickshank** stated that MCPH is developing an online opioid course for oral health professionals.
- **Alyssa Padilla** stated that the Center for Rural Health is working on an Arizona Opioid Summary, a one-page summary of materials, services, trainings, and funding resources related to the opioid crisis. The Center is also working with ADHS and Sonoran Prevention Works to create a strategy for distributing Naloxone more effectively across the state and especially in rural areas. Next, Ms. Padilla stated that she is working alongside Ms. Allington to update Strategy 2 of the Toolkit. Finally, she stated that the Center will be attending the 2nd Annual Southern Arizona Opioid Misuse Prevention Symposium on September 28<sup>th</sup>, 2018.

#### **Future Meeting Dates**

- The next meeting of the Rx Core Group is scheduled for:
  - Tuesday, October 30<sup>th</sup>, 2018 at 1:00pm

#### **Future Agenda Items**

- **Michelle Skurka** stated that AHCCCS should be ready to present on their substance abuse needs assessment at the next Core Group meeting.
- **Tracy Cruickshank** stated that ADHS may be ready to give a presentation on their efforts to educate new prescribers working in the state.

#### **Adjourn**

- **Jacqueline Kurth, Co-Chair**, called for a motion to adjourn.
- **Alexa O'Brien** moved to adjourn the meeting at 2:54 pm. Motion was seconded by **Catie Clark**. Meeting was adjourned at 2:54 pm.

DRAFT